**Recommended Vaccines and Medical Information for Traveling to Malawi**

**All travelers**

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

[Routine vaccines](http://wwwnc.cdc.gov/travel/diseases/routine)

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

**Most travelers**

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

[Hepatitis A](http://wwwnc.cdc.gov/travel/diseases/hepatitis-a)

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Malawi, regardless of where you are eating or staying.

[Malaria](http://wwwnc.cdc.gov/travel/diseases/malaria)

You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria. See more detailed information about [malaria in Malawi](http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/malawi#seldyfm707).

[Typhoid](http://wwwnc.cdc.gov/travel/diseases/typhoid)

You can get typhoid through contaminated food or water in Malawi. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

**Some travelers**

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

[Hepatitis B](http://wwwnc.cdc.gov/travel/diseases/hepatitis-b)

You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

[Rabies](http://wwwnc.cdc.gov/travel/diseases/rabies)

Rabies can be found in dogs, bats, and other mammals in Malawi, so CDC recommends this vaccine for the following groups:

* Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites.
* People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).
* People who are taking long trips or moving to Malawi
* Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

[Yellow Fever](http://wwwnc.cdc.gov/travel/diseases/yellow-fever)

**THIS IS THE INFORMATION FROM THE CDC**: There is no risk of yellow fever in Malawi. The government of Malawi *requires*proof of yellow fever vaccination **only** if you are arriving from a country with risk of yellow fever. This does **not** include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine:[Countries with risk of yellow fever virus (YFV) transmission](http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever#4728).

For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Malawi](http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/malawi#seldyfm707). Your doctor can help you decide if this vaccine is right for you based on your travel plans.

**Circle of Hope requirement: in December one of our babies died from Yellow Fever. We are requiring that all team members receive the Yellow Fever vaccine before we will purchase tickets for travel to Malawi.**

You can find this information online by visiting the CDC website:

http://wwwnc.cdc.gov/travel/destinations/traveler/none/malawi